



Sorghum Annam

Ingredients:

Dehulled sorghum grain - 1 cup

Preparation Method:

- Cook pearled or dehulled sorghum in the boiling water till the grains become smooth and palatable.
- It can also be prepared in pressure cooker for 5-10 minutes.

Sorghum Dosa

Ingredients:

Sorghum grain - 3 cup, black gram dal - 1 cup, salt and oil (for shallow fry)

Preparation Method:

- Grind the soaked sorghum grain and black gram dal together into a fine batter. Add salt for taste and allow it for fermentation.
- Apply a tea spoon of oil on the pre-heated dosa making tawa and pour the batter on it, spread with scoop into thin round shape. Fry till crisp dosa is obtained.
- Serve hot with chutney.





Sorghum Ambali

Ingredients: Sorghum flour - 1/2 cup, rice starch and salt as required.

Preparation Method:

- Mix sorghum flour with luke warm water carefully to avoid formation of lumps.
- Add rice starch soup & salt to the above mixture and cook for 15-20 min
- Cool the drink, or else ferment for overnight in earthen pot and can be consumed next day.

Sorghum Roti

Ingredients: Sorghum flour- 100g

Preparation Method:

- Add hot water to the sieved sorghum flour. Knead into smooth soft dough. Make round ball (approx 50 g) and spread it into round shape on polythene sheet by using a rolling stick or by pressing with the palm.
- Bake the *roti* properly on both the sides of a preheated *tawa*.
- Serve hot with any curry or *dal*.





Sorghum Vegetable Tawa Roti

Ingredients:

Sorghum flour - 25 g, chopped onions, capsicum, carrot, cabbage, green chilli paste, sesame seeds, jeera, salt - as desired and water - as required.

Preparation Method:

- Mix the ingredients thoroughly by adding required amount of water to make it like *chapati* dough.
- Make small balls and spread it into round using roller stick and roast it in pre-heated *tawa* on both sides.

Sorghum Samosa

Ingredients:

Sorghum flour - 1 cup, *maida* - 1 cup, potatoes - 1 cup, boiled peas, onions, green chillies and curry leaves as required.

Preparation Method:

- Take one cup of sorghum flour and one cup of *maida*. Mix well and add required amount of water to make dough.
- Make small *chapati* balls and spread the dough with roller stick and cut into half's.
- Mash boiled potatoes, add chopped onions, green chillies and curry leaves.
- Make seasoning with chopped onions, green chillies, curry leaves and boiled mashed potatoes, boiled peas and salt to taste.
- Fill the above mixture in each half and fold in triangular shape and deep fry.
- Serve hot with tomato sauce or *chutney*.





Sorghum Upma

Ingredients:

Sorghum rawa – 1 cup; bengal gram dal, mustard seeds; Chopped onion, green chillies, carrot, tomato and curry leaves – as required.

Preparation Method:

- Roast 1 cup sorghum rawa till it turns brown.
- Season the in another pan mustard seeds, bengal gram dal, onion, green chillies, carrot, tomato and curry leaves.
- Add 3 cups water, salt and boil. Add roasted rawa slowly.
- Cook well till it become soft at low flame and serve hot.

Sorghum Sankati

Ingredients:

Sorghum rawa – 1 cup, sorghum flour – 1 cup, cooked rice – ¼ cup and salt – for taste.

Preparation Method:

- Add sieved sorghum rawa to the boiled water.
- Cook at low flame for 5 min, then add sorghum flour slowly & mix thoroughly so that lumps are not formed.
- After 10 min of cooking, add some cooked rice and mix well and again cook for 15-20 min.
- Make that mixture into small balls
- Serve hot with vegetable curry or chutney





Sorghum Kesari

Ingredients:

Sorghum *rawa* – 1 cup, dry fruits (cashew, *pista*, *badam* and raisins) – ¼cup, ghee – 1 tsp and milk – ½ cup.

Preparation Method:

- Roast sorghum *rawa* and dry fruits separately in little oil/ghee to light brown.
- In a pan boil milk with a pinch of *kesari*.
- Add fried *rawa* and sugar to the boiled milk and allow it for cooking for 15 minutes.
- Garnish it with dry fruits, and little ghee before serving hot.

Sorghum Khichidi

Ingredients:

Sorghum *khichidi rawa* – 1 cup, *moong dal* – ½ cup; mustard seeds, chopped onions, green chillies, tomato, curry leaves, ginger garlic paste, turmeric powder, salt and water – as required.

Preparation Method:

- Soak green *moong dal* and sorghum *rawa* for 15 min.
- Season with mustard seeds, onion, green chillies, ginger garlic paste, tomatoes, curry leaves and turmeric powder.
- Add sufficient water and salt, cook at low flame till it is cooked properly and serve hot.



Sorghum Chuduwa

Ingredients:

Sorghum flakes - 1 cup, black gram dal, fried *channa dal*, jeera, ground nuts, red chillies – as required; oil – for deep frying.

Preparation Method:

- Fry the flakes in oil and keep separately
- Heat the oil and add black gram dal, fried *channa dal*, jeera, groundnuts, red chillies and fry till it turns brown, then add chopped onions, green chilli paste and pinch of turmeric powder.
- Now add salt to taste then fry all these ingredients together.
- Add fried flakes to the above ingredients and mix thoroughly.

Sorghum Idli

Ingredients:

Sorghum *idli rawa* - 3 cups and black gram dal - 1 cup

Preparation Method:

- Make batter with soaked (overnight) black gram dal.
- Mix washed sorghum fine semolina to the batter, add salt to taste and allow it for fermentation.
- Pour the batter in to greased stainless steel *idli* molds and steam for 15-20 min.
- Serve hot with *chutney*





Sorghum Pongal

Ingredients:

Sorghum flakes – ½ cup, moong dal – ½ cup, salt, ground pepper, cumin, cashew, curry leaves – as required.

Preparation Method:

- Cook ½ cup moong dal till it becomes soft.
- Add ½ cup flakes, 2 cups of milk and cook till it turns very soft.
- Add salt and season with ground pepper, cumin, cashew nut, curry leaves and serve hot.

Sorghum Pongal (sweet)

Ingredients:

Sorghum flakes – ½ cup, moong dal – ½ cup, milk – 2 cups, jaggery – 1 cup, cardamom powder, ghee, cashew nuts, dry coconut – as required.

Preparation Method:

- Cook ½ cup moong dal till it becomes soft.
- Add ½ cup flakes, 2 cups of milk and cook till it turns very soft.
- Add 1 cup jaggery and cardamom powder. Heat ghee, fry cashew nuts, dry coconut and add to sweet pongal and serve hot.





Pure Sorghum Biscuit

Ingredients:

Sorghum flour, baking powder, fat, sugar, essence and salt.

Preparation Method:

- Mix sorghum flour, baking powder, salt and sieve it.
- Cream fat and sugar in planetary mixer for 30 min.
- Add sorghum flour and mix for 5 minutes.
- Place the dough in a cookie cutter to cut into cookie shape.
- Bake it in an oven at 150°C for 30 min, cool and pack.

Sorghum Peda

Ingredients:

Sorghum flakes – 1 cup, powdered sugar – 3/4 cup; ghee, cashew and badam – as required.

Preparation Method:

- Roast the flakes and grind it to fine powder.
- Add equal quantity of sugar to flakes powder and mix well. Add ghee slowly to the flakes powder and make in to small balls.
- Decorate with cashew or badam.

